## **Duston Studio Timetable Duston Sports Centre**

Accurate as of 03/05/2024

| Times for Wednesday 24 October |          |              |            |
|--------------------------------|----------|--------------|------------|
| Time                           | Session  | Facility     | Instructor |
| 9:30 am - 10:30 am             | Yoga 14+ | Dance Studio | Emily      |